

Abstract (Methodology of compiling a nutrition plan)

This bachelor thesis deals with the methodology of compiling a nutritional plan. It is based on the necessary personal and professional assumptions of the nutritional consultant. It describes the induction of a trusting relationship with clients. The cornerstone of a good nutritional plan preparation is to get many, often confidential, information about the client, his health, eating habits, lifestyle and their financial situation. These data together with the results of diagnostic measurements are then processed and a nutritional plan is compiled accordingly.